

Healthy Homes with Client Education

March 22nd, 2012



Older homes = more risks

- Average age of homes in New York – 51 years
- Average age of homes in Onondaga County - 50 years
- Average age of homes in Syracuse - 58 years



Common Health Risks

- Asbestos
- Lead
- Mold



Common Health Risks

- Asbestos – commonly used to insulate boilers and pipes. Can also be in floor tiles and caulk.
- If in good condition the rule of thumb is to leave it there.
- If “friable” it can cost up to \$16 per linear foot to remove.



- Do's and Don'ts of Asbestos
- Do avoid damaging asbestos material
- Do have removal done by professionals
- Don't dust, sweep or vacuum debris that may contain Asbestos
- Don't saw, sand, scrape or drill holes in asbestos material



- Don't try to remove it yourself – improper handling can create a hazard where none existed
- Hire a licensed company and check that they don't have any safety violations.
- Know the regulations – Regional EPA offices can help 1-877-251-4575



Friable Asbestos



Asbestos Tile



Common Health Risks

- Lead based paint
- Most paint used before 1978 contains lead.
- Lead poisoning can cause behavioral, developmental and intellectual problems



- Before 1970 childhood lead poisoning was set at blood lead levels of 60 or above.
- In 1970 it was reduced to 40 and in 1985 reduced to 25. In 1991 it was reduced to 10.



Common Health Risks

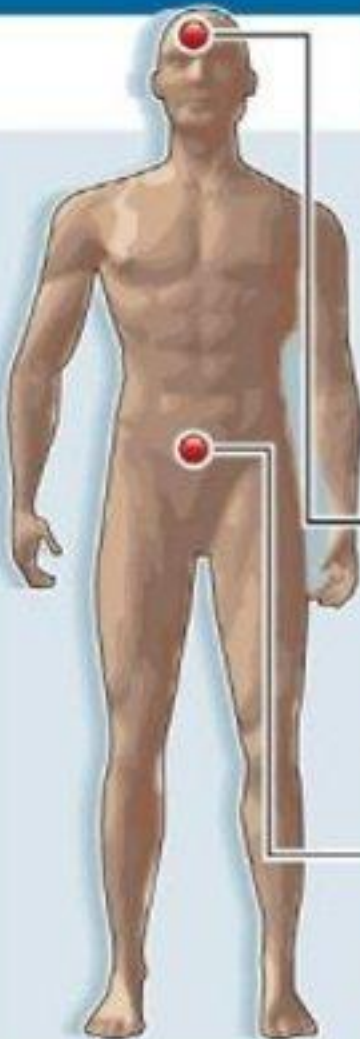
- World Health Organization would like “allowable” levels to be cut in half to 5.
- Lead levels between 5 and 10 are linked with inferior scores in reading and lower SAT scores



Lead poisoning

Lead buildup in the body causes serious health problems

Symptoms

- 
- Headaches
 - Irritability
 - Reduced sensations
 - Aggressive behavior
 - Difficulty sleeping

- Abdominal pain
- Poor appetite
- Constipation
- Anemia

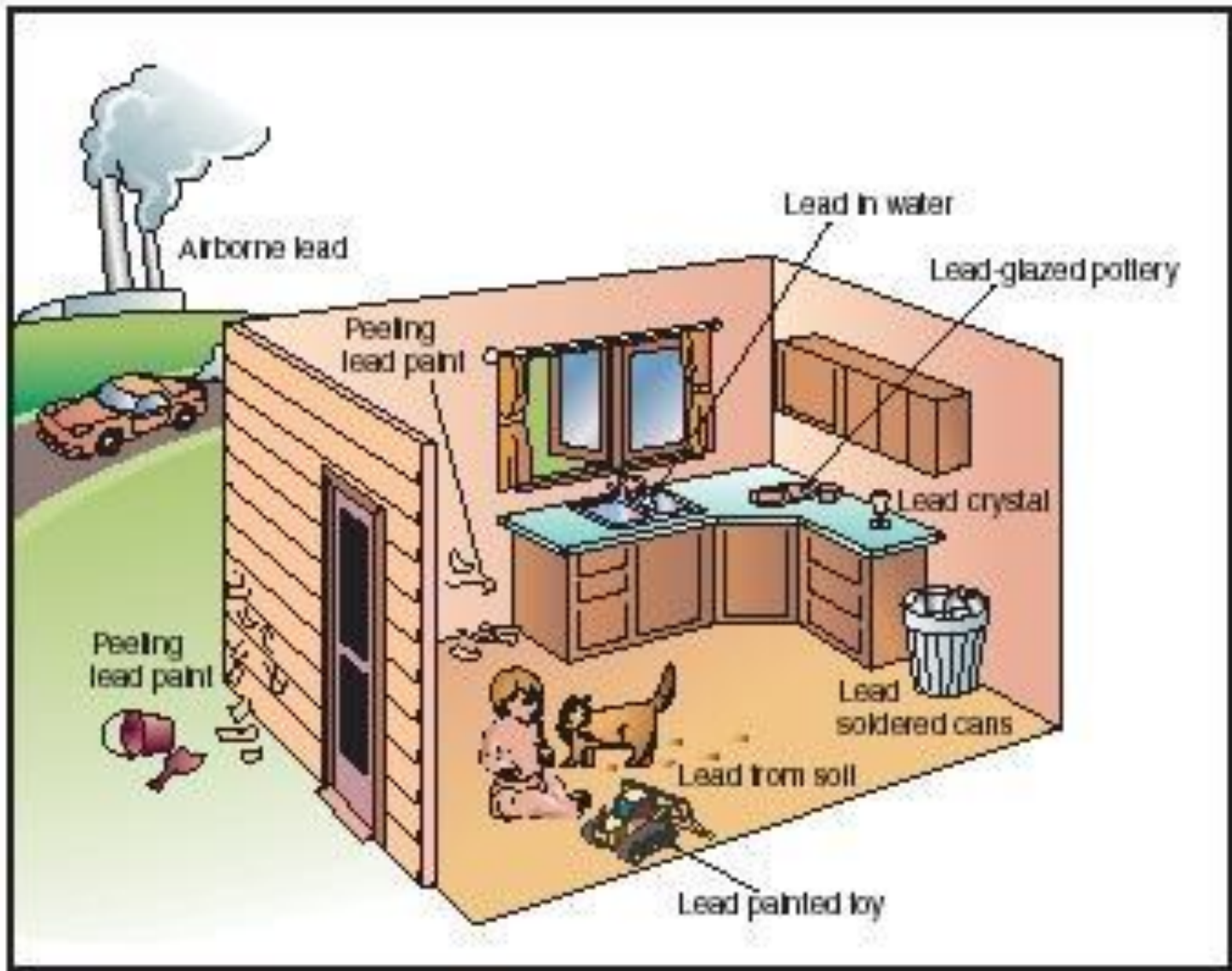
Additional complications for children:

Lead is more harmful to children as it can affect developing nerves and brains

- ▶ Loss of developmental skills
- ▶ Behavior, attention problems
- ▶ Hearing loss
- ▶ Kidney damage
- ▶ Reduced IQ
- ▶ Slowed body growth

Source: MedlinePlus/Mayo Clinic

240809 **AFP**



Common Health Risks

- How does lead poisoning occur?
- Peeling, flaking and chipped paint can be ingested by children
- Dust created by opening and closing windows with lead based paint
- Dust from remodeling



- Who can help home owners with Lead?
- City of Syracuse – 315-448-8710
- Onondaga County (outside of Syracuse) –
Community Development – 315-435-3558



Common Health Risks

- **THE BIGGIE - MOLD**



Mold Spores



- What is Black Mold – aka – Toxic Mold is associated with heavy water damage
- Not all mold that is black is toxic.
- Most are allergenic mold spore



Common Health Risks

- Health problems associated with Mold
 - ✓ Allergic reactions
 - Respiratory problems – cough, sneezing, wheezing, difficulty breathing
 - Nose and throat irritation
 - Nasal or sinus congestion
 - Reddening of the eyes



- Health problems associated with Mold (cont.)
 - ✓ Asthma
 - ✓ Infections
 - People with weak immune systems can be prone to infections when exposed to mold



- Where is Mold commonly found
 - Mold is found in moist areas of the home
 - Basements – due to improper grading and/or lack of gutters
 - Attics – due to roof leaks
 - Ceilings & Walls – due to roof leaks and/or plumbing leaks



- How to remove/remediate Mold
 - ❑ Always wear a mask or respirator
 - ❑ Dampen area before removal to minimize airborne spores
 - ❑ Use non-ammonia soap or detergent
 - ❑ Materials like sheetrock and carpet padding should be replaced



- Mold removal (cont.)
- After mold is removed use a bleach and water solution – 1 gal. Water to ¼ cup bleach
- Keep surface wet for at least 15 minutes
- Rapid dry – use fans or dehumidifiers
- Eliminate source of moisture to prevent

